

ROCHESTER PARK AND RECREATION DEPARTMENT

201 4TH ST SE – ROOM 150

ROCHESTER, MN. 55904

(507) 328-2525

ADULT BASKETBALL LEAGUE

PARTICIPATION RULES

1. Municipal Division players must be 18 years of age.
2. All team players residing within the limits of Olmsted County attending school here or employed full-time in the county shall be considered residents and therefore eligible. However, if a player moves out of the county before the season ends, he or she is allowed to finish the season play.
3. Every player must be on a team roster in all leagues, and must sign waiver of liability.
4. Players are only permitted to play on one team per night .
5. Players and spectators will be supervised by the Park and Recreation Department employees who are authorized to maintain order.
6. Any manager or player fighting with an opponent during a game will be ejected from the playing area immediately and will not be eligible for three games; second offense will result in suspension from league participation for the remainder of the season.
7. Any player or manager ejected from the gym by an official will not be eligible for three games.
8. No smoking or use of tobacco products will be allowed in District 535, RCTC facilities or City of Rochester grounds.
9. Children must be supervised by an adult. We do not encourage children in gyms. If this becomes a problem, children will not be allowed to attend games.
10. Players receiving three technicals will be out for the season.

ADULT BASKETBALL LEAGUE GAME RULES

1. At least five players must be present to begin a game. If a team is not present at the starting time for their game, a forfeit will be given to the opposing team providing they have enough players to start the game. Otherwise, it will be a double forfeit.
2. Playing Time – Game will consist of two 20-minute halves and 3 minute half-time.
 - a. There will be running time during the first nineteen minutes of each half, except for an official's or team time out. During the final minute there will be stop time whenever the ball is dead or during a time out, with the exception if the other team has a 15 point lead – the time will not stop.
3. Overtime shall be 2 minutes running time, and 1 minute stop time, or if the team calls a time-out, the clock will stop. After 1st overtime the 2nd overtimes if first to score sudden death..
4. Three time-outs per game.
5. A jump ball will be held to begin the game or for extra periods. In all other jump ball situations, the team will alternate taking the ball out-of-bounds for a throw-in.
6. Players may not wear jewelry

7. No dunking or hanging on the rims is allowed at any time..
8. Leagues will be using 19 feet, 9 inches line for three point scores.
9. Players will shoot the bonus on the 7th foul team foul. Double bonus on the 10th team foul.
10. An individual fouled in the act of shooting a three point shot will be awarded three free throws.
11. Technical fouls will count towards an individuals personal foul total.
12. All technical fouls carry a penalty of two free throws. Possession of the ball will be awarded to the offended player's team.
13. No one can step in the lane on foul shots until the shooter releases the ball (2014-2015 H.S. rule change).
14. With the exception of the above rules, all games will be played in accordance with the National Federation Basketball Rules (High School Edition).

HIV STATEMENT

Aggressive treatment of open wounds or skin lesions should be followed. In particular, whenever an athletics participant suffers a laceration or wound oozing or bleeding occurs, the contest must be stopped at the earliest possible time, and the athlete must leave the field of play and may not re-enter until; (1) the bleeding has stopped and (2) the injury is covered. It is highly recommended that all teams have first aid kit at their disposal.

PROFANITY

Any profanity used towards the referee, scorekeeper or supervisor will result in a technical foul (two shots); second offense - player or players and manager will be ejected from the game and the gym. Third offense – three game suspension and player or manager are not allowed in the gym.

Any player or manager swearing at a missed shot, pass or violation will result in awarding one point towards the opposing team, play will continue.

